

SLIDE = ***

Thank you and introduce Lorain Quandt

Thank you for being here. First, I want to introduce our nurse practitioner Lorain Quandt from Gulfport. She has worked extensively with lung and heart specialists on the Gulf Coast for 7 years and will be assisting myself and Dr. Andrews in the Stennis Clinic.

Health in south Mississippi

I am here to introduce you to a tool that will help you take care of your health. Let's begin by talking about our health here in south Mississippi.

Study from last June involving 34,000 people ages 50 to 70 BMI of 33 were twice as likely to die Skeptical of observational studies

Those of you who come to the clinic for certification exams have seen this slide. This is a slide from a study that came out last June involving 34,000 people ages 50 to 70. This was a group review of data. This review suggested that people with a BMI over 33 were twice as likely to die of any cause than those with a normal BMI. This was an observational study. Since I am skeptical of these types of studies, this one, observational study was not enough evidence for me.

Mississippi most obese state - Colorado is the thinnest

This slide shows another observation. This observation shows that Mississippi is the most obese state in the union. That's an observation we have all heard. Also, notice that Colorado is defined as the thinnest.

Hard data Cancer deaths in 2004

This slide shows hard data. It is the data on cancer deaths in 2004. Bad slide, but I wanted you to see the whole thing before I picked out parts.

Population of the US by states in 2004

This is another hard data slide. It is of the population of the US by states in 2004.

I took these hard data points to make this slide for you. Us vs. Colorado. Those of you from Louisiana do not boast; Louisiana is second on the list of states in terms of obesity.

SLIDE = ***

With many fewer people in the state, we have the same number of cancer Deaths as Colorado.

MRI of 2 individuals. Left: bmi of 40. Right: 25.
Size of the heart

These slides are MRI of 2 individuals. The one on the left has a bmi of 40, the one on the right 25.
Before we review the next study, I want to focus on the person with the 40 bmi. Notice the size of the heart. This will be important as we discuss the next study.

Bariatric surgery - interventional studies

This is another study from NEJM. I am not here to discuss bariatric surgery, however I am using the data from this to take us away from observational studies and move to interventional studies. This was a study of matched controls. So they picked the group of people and then half of them had bariatric surgery.

How well people did with each type of surgery
Lost 20% or more of their weight
Control never got better over those 15 years

This slide shows how well people did with each type of surgery, and how those who did not have surgery did. There are lots of questions about which surgery is better. However, you can see that no matter what was done for these very obese people, they lost 20% or more of their weight.

Notice here too that the people who tried traditional approaches, shown here as Control, never got better over those 15 years.

This is the part I want to show you.

At 6 years these people were less likely to die than those who did not loose weight

Even when you consider the deaths from surgery, at 6 years those who had surgery were less likely to die than those who did not loose weight. The first surgeries in this study were done in 1992, when the whole field was new. Even with that, surgery patients quickly began living longer.

At 15 years, the difference is 4% - same curve for stopping smoking.

At 15 years, the difference is 4%. This is the same curve for stopping smoking.

Why people die. Long list.

This slide shows why people die. Long list.

SLIDE = ***

Cancer. 70% more deaths

Cancer, 70% more deaths.

Heart failure over 100% more deaths

Heart failure, over 100% more deaths.

Remember the difference in hearts

Remember the difference in hearts. It does not require experience in the medical field to see that this heart is working harder every day.

Introduce a tool to help you and your family

Those of you who come to the clinic see this poster in the exam rooms. Now you can see that it is not an exaggeration. We now know that there is enough data to show at least in this case, the observations are correct.

Now NASA SM is allowing me to work on some concrete plans to help those of you who need help. In the meantime, I want to introduce to you a tool to help you and your family.

NASA partnership with Mayo Clinic for free HRA

NASA headquarters partnered with the Mayo Clinic to provide civil servants a free Health Risk Assessment panel and access to the Mayo Clinic web site. This is similar to a web MD, is free to you, and when you finish the Health Risk Assessment, it is customized to you or your family member. Now as I said, this is a NASA civil servant program. At this time, I have been given permission to share this program with the contract employees on site.

Working to get 1000 of the 3000 NASA system wide enrollees from Stennis

I am working to get 1000 of the 3000 NASA system wide enrollees from Stennis. The data is collected anonymously and you will have your own password when you sign up. I believe this tool is too important for an email and that's why I am here. First, it is important to you.

Example of 18-year-old looking up acne

I have signed up and it is a very useful site for me and my family. For example, my 18-year-old looked up acne and has stopped spending a fortune on things that don't work. She has now come to understand that teenagers get acne, and movie stars have a lot of money to waste.

SLIDE = ***

Reasons to participate: Your health, your friends

Though I came to ask you to sign up for yourselves, I am also here to ask you to sign up for Stennis. Your friends here have health issues. Programs from the federal government, from NASA and other agencies are created when there is a need, and when interest is shown. Monies are allocated to centers based on participation.

Stennis help from federal agencies

We discussed the medical problems facing us on the Gulf Coast and none of us think we are getting enough help from any federal agency. By filling these HRA's out, by making Stennis the center with the most HRAs filled out, it shows to the powers above, that we are concerned, and that we do want to help ourselves. That makes us worthy for additional help. So please, fill these out. If not for you, spend the 15 minutes for your friends here at Stennis, and for your fellow Gulf Coast residents. To sum it up, your filling this out helps me do a better job for you, and the center. I will be going around to other contractors with the same message, but I came here first, because last year, you were the first group I met with. So please help me help the center by filling out your EMBODY HEALTH Health risk assessment.

ANY QUESTIONS

SLIDE = ***

EMAIL VERSION OF REQUEST FOR PARTICIPATION.

NASA partnership with Mayo Clinic for free HRA

NASA headquarters partnered with the Mayo Clinic to provide civil servants a free Health Risk Assessment panel and access to the Mayo Clinic web site. This is similar to a web MD, is free to you, and when you finish the Health Risk Assessment, it is customized to you or your family member. Now as I said, this is a NASA civil servant program. At this time, I have been given permission to share this program with the contract employees on site.

I am working to get 1000 of the 3000 NASA system wide enrollees from Stennis. The data is collected anonymously and you will have your own password when you sign up. I have signed up and it is a very useful site for me and my family. For example, my 18-year-old looked up acne and has stopped spending a fortune on things that don't work. She has now come to understand that teenagers get acne, and movie stars have a lot of money to waste.

Though I came to ask you to sign up for yourselves, I am also here to ask you to sign up for Stennis. Your friends here have health issues. Programs from the federal government, from NASA and other agencies are created when there is a need, and when interest is shown. Monies are allocated to centers based on participation.

We discussed the medical problems facing us on the Gulf Coast and none of us think we are getting enough help from any federal agency. By filling these HRA's out, by making Stennis the center with the most HRAs filled out, it shows to the powers above, that we are concerned, and that we do want to help ourselves. That makes us worthy for additional help. So please, fill these out. If not for you, spend the 15 minutes for your friends here at Stennis, and for your fellow Gulf Coast residents. To sum it up, your filling this out helps me do a better job for you, and the center.